

Assertiveness

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Answer it honestly, because the main purpose is to improve your self-awareness, not the number of answers you get.

For all questions, select one of the four options: always (1), sometimes (2), rarely (3), never(4).

Write down the option indicated in each question to evaluate the results at the end.

Enter the name of your country *

ITALY ▼

How old are you? *

29

1. In a difficult meeting, when the tension is very high, I am able to put my point of view with self-confidence and calmness. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

2. If I am unsure about something, I easily ask for help *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

3. If someone treats me unfairly and aggressively, I know how to control the situation with self-confidence, without having the same behaviour *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

4. When someone is being sarcastic at my expense or at the expense of others, I feel able to state my opinion without getting upset, calmly. *

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Always	☐	☐	☒	☐	Never

5. I say no when a friend asks me to borrow something of value, without feeling bad. *

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6. I easily start a conversation with someone stranger *

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7. When someone asks me for permission to do something I would rather not do, such as smoking, I say no without feeling guilty. *

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10. If I am sold a defective or poor quality product in a shop or restaurant, I claim my rights without attacking the other person. *

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11. I wait to have all the facts or enough information before I take decisions. *

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12. When I see that an issue is not going well, I act early, before it becomes a potential disaster. *

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17. When I do not share the opinion of the majority, I state my point of view without apologising or being authoritarian. *

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ITALY ▼

How old are you? *

17

1. In a difficult meeting, when the tension is very high, I am able to put my point of view with self-confidence and calmness. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

2. If I am unsure about something, I easily ask for help *

	1	2	3	4	
Always	☐	☐	☐	☒	Never

3. If someone treats me unfairly and aggressively, I know how to control the situation with self-confidence, without having the same behaviour *

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	1	2	3	4	
Always	☐	☒	☐	☐	Never

9. I object to an unjust demand, even if it is made by someone with authority over me *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

10. If I am sold a defective or poor quality product in a shop or restaurant, I claim my rights without attacking the other person. *

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Always	☐	☒	☐	☐	Never

11. I wait to have all the facts or enough information before I take decisions. *

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Always	☐	☐	☒	☐	Never

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	1	2	3	4	
Always	☐	☐	☐	☒	Never

13. When I have to give bad news, I do it without getting nervous. *

	1	2	3	4	
Always	☐	☐	☐	☒	Never

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20. I express both my bad and good feelings with the same ease *

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ITALY ▼

How old are you? *

18

1. In a difficult meeting, when the tension is very high, I am able to put my point of view with self-confidence and calmness. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

2. If I am unsure about something, I easily ask for help *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

3. If someone treats me unfairly and aggressively, I know how to control the situation with self-confidence, without having the same behaviour *

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5. I say no when a friend asks me to borrow something of value, without feeling bad. *

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Este formulario se creó en IES Mar de Alborán.

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ITALY ▼

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15

1. In a difficult meeting, when the tension is very high, I am able to put my point of view with self-confidence and calmness. *

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Always	☐	☒	☐	☐	Never

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Always	☒	☐	☐	☐	Never

11. I wait to have all the facts or enough information before I take decisions. *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

12. When I see that an issue is not going well, I act early, before it becomes a potential disaster. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

13. When I have to give bad news, I do it without getting nervous. *

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16. When someone misunderstands me, I point it out without feeling guilty and without humiliating the other person. *

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17. When I do not share the opinion of the majority, I state my point of view without apologising or being authoritarian. *

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	1	2	3	4	
Always	☒	☐	☐	☐	Never

20. I express both my bad and good feelings with the same ease *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

Google Formularios

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Enter the name of your country *

ITALY ▼

How old are you? *

15

1. In a difficult meeting, when the tension is very high, I am able to put my point of view with self-confidence and calmness. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

2. If I am unsure about something, I easily ask for help *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

3. If someone treats me unfairly and aggressively, I know how to control the situation with self-confidence, without having the same behaviour *

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4. When someone is being sarcastic at my expense or at the expense of others, I feel able to state my opinion without getting upset, calmly. *

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5. I say no when a friend asks me to borrow something of value, without feeling bad. *

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6. I easily start a conversation with someone stranger *

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Always	☐	☐	☒	☐	Never

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ITALY ▼

How old are you? *

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PORTUGAL ▼

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20. I express both my bad and good feelings with the same ease *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

Google Formularios

Assertiveness

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Enter the name of your country *

PORTUGAL ▼

How old are you? *

16

1. In a difficult meeting, when the tension is very high, I am able to put my point of view with self-confidence and calmness. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

2. If I am unsure about something, I easily ask for help *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

3. If someone treats me unfairly and aggressively, I know how to control the situation with self-confidence, without having the same behaviour *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

4. When someone is being sarcastic at my expense or at the expense of others, I feel able to state my opinion without getting upset, calmly. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

5. I say no when a friend asks me to borrow something of value, without feeling bad. *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

6. I easily start a conversation with someone stranger *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

7. When someone asks me for permission to do something I would rather not do, such as smoking, I say no without feeling guilty. *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

8. If someone asks for my opinion on something, I feel calm enough to give it, even if I know that my opinion will not be well received. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

9. I object to an unjust demand, even if it is made by someone with authority over me *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

10. If I am sold a defective or poor quality product in a shop or restaurant, I claim my rights without attacking the other person. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

11. I wait to have all the facts or enough information before I take decisions. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

12. When I see that an issue is not going well, I act early, before it becomes a potential disaster. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

13. When I have to give bad news, I do it without getting nervous. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

14. If I think I may have offended someone, I ask him or her if I did it. *

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15. When someone doesn't listen to what I have to say, I make my point without being strident, raising my voice, or feeling sorry for myself. *

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Always	☐	☐	☒	☐	Never

17. When I do not share the opinion of the majority, I state my point of view without apologising or being authoritarian. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

18. I accept criticism with good humour, and I ask for explanations *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

19. I know how to make a positive comment or compliment to a friend, I can easily do it. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

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TURKEY ▼

How old are you? *

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ITALY ▼

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Always	☐	☐	☒	☐	Never

14. If I think I may have offended someone, I ask him or her if I did it. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

15. When someone doesn't listen to what I have to say, I make my point without being strident, raising my voice, or feeling sorry for myself. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

16. When someone misunderstands me, I point it out without feeling guilty and without humiliating the other person. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

17. When I do not share the opinion of the majority, I state my point of view without apologising or being authoritarian. *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

18. I accept criticism with good humour, and I ask for explanations *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

19. I know how to make a positive comment or compliment to a friend, I can easily do it. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

20. I express both my bad and good feelings with the same ease *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

Google Formularios

Assertiveness

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Write down the option indicated in each question to evaluate the results at the end.

Enter the name of your country *

ITALY ▼

How old are you? *

17

1. In a difficult meeting, when the tension is very high, I am able to put my point of view with self-confidence and calmness. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

2. If I am unsure about something, I easily ask for help *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

3. If someone treats me unfairly and aggressively, I know how to control the situation with self-confidence, without having the same behaviour *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

4. When someone is being sarcastic at my expense or at the expense of others, I feel able to state my opinion without getting upset, calmly. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

5. I say no when a friend asks me to borrow something of value, without feeling bad. *

	1	2	3	4	
Always	☐	☐	☐	☒	Never

6. I easily start a conversation with someone stranger *

	1	2	3	4	
Always	☐	☐	☐	☒	Never

7. When someone asks me for permission to do something I would rather not do, such as smoking, I say no without feeling guilty. *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

8. If someone asks for my opinion on something, I feel calm enough to give it, even if I know that my opinion will not be well received. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

9. I object to an unjust demand, even if it is made by someone with authority over me *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

10. If I am sold a defective or poor quality product in a shop or restaurant, I claim my rights without attacking the other person. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

11. I wait to have all the facts or enough information before I take decisions. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

12. When I see that an issue is not going well, I act early, before it becomes a potential disaster. *

	1	2	3	4	
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Always	☒	☐	☐	☐	Never

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TURKEY ▼

How old are you? *

14

1. In a difficult meeting, when the tension is very high, I am able to put my point of view with self-confidence and calmness. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

2. If I am unsure about something, I easily ask for help *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

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Enter the name of your country *

RUMANIA ▼

How old are you? *

17

1. In a difficult meeting, when the tension is very high, I am able to put my point of view with self-confidence and calmness. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

2. If I am unsure about something, I easily ask for help *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

3. If someone treats me unfairly and aggressively, I know how to control the situation with self-confidence, without having the same behaviour *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

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	1	2	3	4	
Always	☐	☒	☐	☐	Never

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	1	2	3	4	
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	1	2	3	4	
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Enter the name of your country *

SPAIN ▼

How old are you? *

16

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	1	2	3	4	
Always	☐	☒	☐	☐	Never

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7. When someone asks me for permission to do something I would rather not do, such as smoking, I say no without feeling guilty. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

8. If someone asks for my opinion on something, I feel calm enough to give it, even if I know that my opinion will not be well received. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

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Always	☒	☐	☐	☐	Never

11. I wait to have all the facts or enough information before I take decisions. *

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Always	☐	☒	☐	☐	Never

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SPAIN ▼

How old are you? *

16

1. In a difficult meeting, when the tension is very high, I am able to put my point of view with self-confidence and calmness. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

2. If I am unsure about something, I easily ask for help *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

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PORTUGAL ▼

How old are you? *

17

1. In a difficult meeting, when the tension is very high, I am able to put my point of view with self-confidence and calmness. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

2. If I am unsure about something, I easily ask for help *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

3. If someone treats me unfairly and aggressively, I know how to control the situation with self-confidence, without having the same behaviour *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

4. When someone is being sarcastic at my expense or at the expense of others, I feel able to state my opinion without getting upset, calmly. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

5. I say no when a friend asks me to borrow something of value, without feeling bad. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

6. I easily start a conversation with someone stranger *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

7. When someone asks me for permission to do something I would rather not do, such as smoking, I say no without feeling guilty. *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

8. If someone asks for my opinion on something, I feel calm enough to give it, even if I know that my opinion will not be well received. *

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Always	☐	☐	☒	☐	Never

9. I object to an unjust demand, even if it is made by someone with authority over me *

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Always	☐	☒	☐	☐	Never

10. If I am sold a defective or poor quality product in a shop or restaurant, I claim my rights without attacking the other person. *

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Always	☐	☒	☐	☐	Never

11. I wait to have all the facts or enough information before I take decisions. *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

12. When I see that an issue is not going well, I act early, before it becomes a potential disaster. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

13. When I have to give bad news, I do it without getting nervous. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

14. If I think I may have offended someone, I ask him or her if I did it. *

	1	2	3	4	
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15. When someone doesn't listen to what I have to say, I make my point without being strident, raising my voice, or feeling sorry for myself. *

	1	2	3	4	
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16. When someone misunderstands me, I point it out without feeling guilty and without humiliating the other person. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

17. When I do not share the opinion of the majority, I state my point of view without apologising or being authoritarian. *

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18. I accept criticism with good humour, and I ask for explanations *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

19. I know how to make a positive comment or compliment to a friend, I can easily do it. *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

20. I express both my bad and good feelings with the same ease *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

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Assertiveness

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LITHUANIA ▼

How old are you? *

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RUMANIA ▼

How old are you? *

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	1	2	3	4	
Always	☐	☒	☐	☐	Never

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Always	☐	☒	☐	☐	Never

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	1	2	3	4	
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LITHUANIA ▼

How old are you? *

I'am 15 years old

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10. If I am sold a defective or poor quality product in a shop or restaurant, I claim my rights without attacking the other person. *

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11. I wait to have all the facts or enough information before I take decisions. *

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Always	☒	☐	☐	☐	Never

12. When I see that an issue is not going well, I act early, before it becomes a potential disaster. *

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RUMANIA ▼

How old are you? *

16

1. In a difficult meeting, when the tension is very high, I am able to put my point of view with self-confidence and calmness. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

2. If I am unsure about something, I easily ask for help *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

3. If someone treats me unfairly and aggressively, I know how to control the situation with self-confidence, without having the same behaviour *

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Always	☐	☒	☐	☐	Never

3. If someone treats me unfairly and aggressively, I know how to control the situation with self-confidence, without having the same behaviour *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

4. When someone is being sarcastic at my expense or at the expense of others, I feel able to state my opinion without getting upset, calmly. *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

5. I say no when a friend asks me to borrow something of value, without feeling bad. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

6. I easily start a conversation with someone stranger *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

7. When someone asks me for permission to do something I would rather not do, such as smoking, I say no without feeling guilty. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

8. If someone asks for my opinion on something, I feel calm enough to give it, even if I know that my opinion will not be well received. *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

9. I object to an unjust demand, even if it is made by someone with authority over me *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

10. If I am sold a defective or poor quality product in a shop or restaurant, I claim my rights without attacking the other person. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

11. I wait to have all the facts or enough information before I take decisions. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

12. When I see that an issue is not going well, I act early, before it becomes a potential disaster. *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

13. When I have to give bad news, I do it without getting nervous. *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

14. If I think I may have offended someone, I ask him or her if I did it. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

15. When someone doesn't listen to what I have to say, I make my point without being strident, raising my voice, or feeling sorry for myself. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

16. When someone misunderstands me, I point it out without feeling guilty and without humiliating the other person. *

	1	2	3	4	
Always	☐	☐	☒	☐	Never

17. When I do not share the opinion of the majority, I state my point of view without apologising or being authoritarian. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

18. I accept criticism with good humour, and I ask for explanations *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

19. I know how to make a positive comment or compliment to a friend, I can easily do it. *

	1	2	3	4	
Always	☐	☒	☐	☐	Never

20. I express both my bad and good feelings with the same ease *

	1	2	3	4	
Always	☒	☐	☐	☐	Never

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